

Where Do I Start?

Whether you are an individual dealing with a life-threatening disease or just someone looking to maximize your health and wellness, the place to start is virtually the same. Your body is constantly rebuilding itself by making replacement cells, destroying and replacing blood cells, fixing injuries, replacing enzymes, fighting infection, protecting against free radical damage, etc. All of this work requires energy and the necessary construction materials. If you do not get all the required biochemical building blocks in your diet, you will not be able to carry out all the necessary repairs, and you will become very unhealthy.

You must first identify specific nutritional deficiencies and then provide therapeutic amounts of quality nutrients to enable the body to heal itself. Next, you must remove as many sources of toxic exposure as possible, detoxify the body of toxins, and overcome infections.

There is no one cause for illness and disease. As you'll discover from reading the information provided, poor health results from a myriad of conditions created over a lifetime. Our intention is to provide you with the necessary information that will educate you on the fundamentals of nutrition and empower you to take charge of your health.

I. Kidney/Adrenal Support- Like the root of a plant, the Kidney meridians are the deepest source of life energy of a human being. In traditional Oriental philosophy, all health issues can be ultimately traced to the Kidney System (this includes Adrenals.) When the Kidney system weakens, the body's health is sure to fail and chronic health concerns can painfully develop. The outcome of any disease ultimately depends on the power of the Kidney System. It is always beneficial and often necessary to strengthen the Kidney System, no matter what the disorder, and even when there is no disorder.

Therefore, before the body can move back to great health, the Kidney System must be strengthened because it stores and generates the fundamental life energy of the body and supplies **Raw** power to all of the body's organs. The Kidney System is the great reservoir of energy for the entire body. This energy, called jing, is stored in the Kidney System and can be released to any individual organ or the whole body upon demand. The Kidneys are known as the "Minister of Power" and are regarded as the body's most important reservoir of essential energy. By tonifying the Kidney System, you increase the body's power to store energy. Therefore, the more energy stored, the more the Kidneys can release energy on demand to maintain the body's best health.

What factors cause stress to the Kidney System?

- Stress
- Anxiety and excessive worrying
- Lack of sleep or rest
- Excessive exercise
- Pollution
- EMF exposure
- Toxins and chemicals in food
- Medication
- Caffeine and stimulants
- Alcohol
- Lack of quality salt in diet
- Chronic Dehydration

Recommended Nutrients for Kidney System support:

*products are listed in order of priority

[Kidney Complex](#)

[Adrenal Complex](#)

[Adaptogen](#)

[Pink Salt](#)
[Max Stress B](#)
[Gold 360](#)

II. Clearing the Lymphatic System and balancing Lymph Chemistry- The lymphatic system is addressed because of its importance in nutrient delivery and waste removal for the entire body. There is as much volume of lymph as blood in the body. The main difference between the two is that the blood has a pump and the lymph system does not. The lymph must rely on the physical activity of the individual to maintain its circulation. Living in a sedentary culture, many people have stagnant lymph systems due to inactivity alone.

The nutritional condition of the lymph is critical in the delivery of nutrients, especially minerals. The pH status of the body is the most important foundation for health. (**see pH story**) Without an alkaline pH, poor health is the consequence. In order to create and maintain proper pH, we need good mineral levels in the soft tissue with proper ratios of calcium, magnesium and trace elements. In order for minerals to be taken into the cell to re-alkalinize the soft-tissue, **balanced lymph chemistry is essential**. It will enable the minerals to be held in solution long enough to be delivered to the cell. In order for this to occur, adequate quantities of HCL (hydrochloric acid) must be produced by the body or be supplemented to maintain the delicate chemical balance of the lymph's chemistry.

As we age, our production of HCL slowly diminishes. Many factors stress HCL production including eating cooked and processed food, drinking coffee and soda, lack of high quality salt in diets, feeling stress, and using drugs (recreational and prescription drugs.)

Recommended nutrients to balance Lymph Chemistry and restore hydrochloric acid production:

[Betaine HCL](#)
[HCL Activator](#)
[Pink Salt](#)

Once we address these two fundamental pillars of health, the Kidney System and Lymphatic System, a foundation is laid to build a lifetime of great health.

III. Restore an Alkaline Body pH (repleting minerals)- Statistics show that approximately one half of Americans are now chronically ill. Even more alarming is that 98% of Americans are mineral deficient (to varying degrees) because they cannot get enough minerals from the food they eat. Why is America's food so mineral deficient? Because it is grown on soils that are badly depleted from loss of fertile topsoil, poor crop rotation, chemical fertilizers and harmful pesticide/herbicide use. Secondly, food processing mills out and destroys even more critical minerals and other nutrients.

As mentioned above, the pH status of the body is the most important foundation for health. It is absolutely essential to restore the body's pH to the alkaline range. Almost all chronic illness takes place in a body that has become acidic due to the gradual depletion of its mineral reserves. When you are too acid the body will rob your organs and bones of the vital minerals of potassium, sodium, calcium and magnesium to maintain the body's pH and also to remove acidic waste. This, in turn, leads to the development of dreaded osteoporosis, and other degenerative conditions. (**see [pH Story](#) for more details and to learn how to measure your pH.**)

When excess acid wastes are present in the body, your body is forced to store them in fatty deposits in the hips, breast, stomach and the brain. Acid wastes may also be stored in the liver, colon, pancreas, and even in the heart. Acid is corrosive and damages the delicate cells, tissues and fluids of the body. There is a reason cola drinks are used to remove rust; acid is destructive, and facilitates the deterioration processes in the body we

call chronic diseases and aging.

This imbalance in the pH of the body fluids leads to irritation and inflammation, and then sets the stage for illness. **Acute or recurrent illnesses result from the body trying to mobilize mineral reserves to prevent cellular breakdown or emergency attempts to detoxify the body.** When your body becomes acidic, it becomes readily receptive to microorganisms that thrive in an acidic environment: bacteria, viruses, yeast, fungus and mold. Recent research also links chronic acidic pH to cancer, arthritis, and heart disease.

How do you restore an alkaline pH?

The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium, and trace elements. These minerals are the basic currency exchange for literally every cell in the body. To rapidly replete and maintain soft tissue mineral reserves, the best method, according to Dr. Marshall at Premier Research Labs, is the synergistic combination of coral calcium, aloe, and cod liver. (see [pH Trio](#).)

Recommended Nutrients to restore mineral reserves in soft tissue:

[pH Trio](#) (We offer variations of the aloe and cod liver. See our store for the different varieties.)

or

[Coral Complex](#)

pH Considerations

Should every person with a low pH expect to respond to PRL's pH products?

An overwhelming majority of people in the U.S. are critically mineral deficient but are still typically able to respond rapidly and favorably to our highly ionized coral products, the **pH Trio** and **Coral Complex**. However, there are special cases where additional considerations are needed, such as the following:

- **Adequate hydration**

There's a huge difference between how much water we drink and how much arrives at our cells. Balanced hydration and pH go hand in hand- you can't have one without the other. And the best way to ensure optimal hydration is the continual, daily intake of high quality salt. Salt is the substance which allows our bodies to stay hydrated, meaning the quality/quantity of our salt intake determines how much water we can hold in our bodies. Recommendation: at least 1 tsp. of [Pink Salt](#) daily. Water intake should be at least ½ to 1 gallon a day, or have your body weight in ounces. Avoid tap water and spring water.

- **Special Support in Advanced Acidosis**

In advanced acidotic states (a first morning urine pH below 6.0), mineral status is always poor. In osteoporosis (which is actually chronic infection in the bone) and extensive bone loss, the real problem is "sick" (infected) bone as well as bone loss. In these cases [Bone and Joint Complex](#) can be added to the pH trio or Coral Complex to boost bone building and immune-specific support for the bones.

- **Kidney Disease or Kidney Failure**

Coral products **SHOULD NOT** be taken until at least 15% of kidney function has been restored. When kidney function is below 15%, the urine pH typically will not respond and/or kidney symptoms may worsen if any concentrated mineral (specifically calcium) supplements are taken.

A great way to deliver minerals safely in severe kidney dysfunction is to use large amounts of [Greens Mix](#) (several tablespoons per day- taken throughout the day) because of its ability to deliver natural-source minerals without any kidney stress.

- **How long does it take to achieve stable, ideal pH (measured by the first morning urine pH)?**

Rapid improvement is seen in most cases when **no infection is present**. However, many Americans over age 30 often unknowingly have low-grade, chronic infections (from dental infections, intestinal infection and other sources.)

As well, Americans often consume high-protein diets (protein helps to upregulate immunity and energy because it increases immunoglobins), but heavy protein diets also rapidly exhaust the body's mineral reserves. The result is a much greater need for minerals. It is best to gradually decrease high protein consumption to normal levels while assessing a baseline pH and then **eliminating all infection**.

HCL Detox Therapy

One of the least expensive and most effective methods to help the body overcome and eliminate chronic infections and immune exhaustion is HCL Detox Therapy. Natural-source HCL combined with live-source potassium together act as a cellular powerhouse for deep seated detox at the cellular level.

[Betaine HCL](#)
[HCL Activator](#)

IV. Cleansing and Nourishing the Liver and Gallbladder- Keeping your liver and gallbladder healthy is a key component in the recovery from chronic illness and maintaining optimal health. Since the liver and gallbladder are the two organs which filter and process toxins, bacteria, and other harmful substances from our bodies, these organs must be kept in prime operating condition in order for the rest of the body to maintain its best levels of health.

For many people, including children, the liver, gallbladder, and biliary tract is choked with gallstones. After years of eating "bad oils" (you know- those chips, fried foods, pizza, mayonnaise, margarine, commercial bagels and breads, cookies, and pastries full of hydrogenated oils, anything with canola oil, etc.), the liver and gallbladder in the average person has become quite congested, like a sewer that is partially blocked- and worse yet, which starts "backing up." If bile is not produced and cannot flow freely poor health is sure to ensue.

*Read here to learn more about the function of the liver and gallbladder and how gallstones occur. We recommend you do not go further until you read this information. [Cleansing the Liver/Gallbladder](#)

Click here to do a Google Search of gallstones: [gallstones](#)

How do I know if I have gallstones?

If you are an American, raised on the Standard American Diet (SAD), you have gallstones!

Do I have to do a Liver/Gallbladder Flush?

Sorry, changing your diet to healthy foods with only good oils might help you feel better- but it won't get rid of that greasy sludge in the gallbladder and biliary tract. Many people, after years of "no cheating"- eating an excellent diet, will pass 40-60 clearly defined gallstones on their first Flush. Once these stones form, changing your diet will not clear them. You need a good Liver/Gallbladder Flush- **even if you have already had your gallbladder removed**. After doing a Flush, many individuals report a new found freedom from a previously hampered physiology.

Considerations for preparing for a Liver/Gallbladder Flush (click here)

Mini Liver/Gallbladder Flush (click here)

Master Liver/Gallbladder Flush (click here)

Recommended nutrients for Liver and Gallbladder support:

[Reishi Complex](#) (#1 Recommended!!)

[Liver Nano-Detox](#)

[Liver Complex](#)

[Gallbladder Nano-Detox](#)

[Gallbladder Complex](#)

Turmeric

V. Optimize Digestive Efficiency- Digestive enzymes digest our foods and then send the nourishing ingredients to the bloodstream to feed the organs, glands, cells and tissues as well as the brain. Many scientists believe that most "lifestyle" and degenerative diseases, and even aging itself, are simply the lack of a continued and adequate supply of the necessary enzymes required to keep all of the body's systems working properly.

You may be eating healthy, but if your digestive enzymes aren't getting those nutrients to your bloodstream, organs and cells, then you aren't receiving all the benefits of that healthy diet. And those nutrients are what keep all of your systems, particularly your immune system, strong and healthy. The body can make digestive enzymes; however, the more digestive enzymes it is required to produce for digestion, the fewer enzymes it can create to maintain optimal health. It is very important that we preserve the body's ability to make enzymes.

Eating highly heated and processed foods negatively impacts our health in two major ways. First, processed and heated foods have had all their enzymes destroyed. Second, eating this processed food causes the body to use already stored, naturally occurring enzymes. Ultimately, this creates a tremendous amount of stress on the pancreas since it is responsible for producing the three major digestive enzymes: protease to digest protein; lipase to digest fat; and amylase to digest carbohydrates. Unfortunately, the ability of the pancreas to produce these enzymes slowly declines with age. The more cooked food we consume, the sooner the body's capacity to make enzymes declines.

If supplemental plant digestive enzymes are taken with a meal, these digestive enzymes begin their work immediately. The supplemental digestive enzymes will break down the food, thus saving the body from having to release as many of its own enzymes. This allows the body to devote its attention to supplying more metabolic enzymes so the organs and tissues can carry on their daily work.

Recommended supplements to ensure optimal digestion:

[Digest](#)
[Protease](#)
[Stomach Complex](#)

VI. Antioxidant Support- Adequate Antioxidant support is critical for maintaining optimal health. To date, research shows that the U.S. has experienced a 50% reduction in the antioxidant content of our food over the last 25 years. Therefore, it is impractical to assume that all the body's antioxidant needs can be met by consuming typical foods. The best strategy is to supplement the diet with nontoxic nutraceutical agents that provide above average nutrient levels for the best protection against free radical damage. This approach ensures the best defense against anti-aging and the development of disease and illness.

What are Free Radicals?

Free radicals are atoms or groups of atoms that have at least one unpaired electron, which makes them highly reactive as they try to steal electrons from other molecules, including DNA and cellular membranes. They will continue to react with other cellular molecules in a chain-reaction mechanism. This chain reaction of free radicals can damage cells, which may play a role in the development of certain conditions like heart disease and cancer. Some free radicals arise normally during metabolism. Sometimes the body's immune system's cells purposefully create them to neutralize viruses and bacteria. However, environmental factors such as pollution, radiation, cigarette smoke, chemical exposure, pesticides, and herbicides spawn free radical activity. Normally, the body can handle free radicals, but if antioxidants are unavailable, or if the free-radical production becomes excessive, damage can occur.

What Do Free Radicals Do?

Free Radicals are synonymous with damage. They damage everything they come in contact with. They do their damage insidiously and silently. This damage is also called oxidation (oxidation just means loss of electrons). You can think of an apple slice in open air. After a short time its surface oxidizes (ages/denatures) and turns brown. The same happens internally with body cells.

This is free radical damage. With today's environmental factors creating excessive free radical production, everything in your body is at risk-- proteins, lipids, hormones, cells, tissues, genetic code, etc. Excessive free radical damage leads to loss of energy, disease, pain, aging, and eventually death. Free radicals are scientifically proven to cause heart disease, cancer, a variety of degenerative diseases, and aging itself.

How Do Antioxidants Protect Against Free Radicals?

Antioxidants are intimately involved in the prevention of cellular damage- the common pathway for cancer, aging, and a variety of diseases. They neutralize free radicals by donating one of their own electrons, ending the electron-"stealing" reaction. The antioxidant nutrients themselves don't become free radicals by donating an electron because they are stable in either form. They act as scavengers, helping to prevent cell and tissue damage that could lead to cellular damage and disease. Since antioxidants come in the form of minerals, vitamins, amino acids, and more, it is important to consider a variety of supplements and do your research. Our number one recommended product is Dr. Marshall's very own [DHLA Nano-Plex](#) (known for its spectacular effectiveness in quenching every known free radical that occurs!)

Recommended supplements for premier antioxidant support:

[Antioxidant](#)

[CoQ-Quinol](#)

[E Complete](#)

[Glutathione](#)

[Greens Mix](#)

[Lean Body Whey Protein](#)

[Melatonin Nano-Plex](#)

[NADH](#)

[SOD](#)

[Super Nano Green Tea](#)

[Tocotriene Complex](#)

[Tomato Concentrate](#)

[Turmeric](#)

[Vitamin C](#)

VII. Comprehensive Nutrition- To achieve and maintain ideal health you must start from the inside out. Good health is really your choice. "Toxics" are now literally everywhere, even in nutritional supplements. In fact, in a 1999 test of 196 herbal products, a whopping 97 ½ % were found to be either toxic, ineffective or both. That means a mere 2 ½ % (5 products out of 196) were found to be either toxic, ineffective or both. In contrast, you will find 100% of our products are both non-toxic and effective.

Don't forget the toxins hidden in your food, water, household products, and your environment. To avoid these toxins, careful choices must be made every day- what food and water you and your family will consume, the products you will use in your home, etc. But even with the best choices you can only minimize your exposure to hidden chemicals.

The best solution is to ensure your daily protection with the [Essentials-5 Kit](#): solid, all-bases-covered, toxic-free premier quality nutrition. The Essentials-5 Kit offers broad-spectrum, "beyond organic" nutrients that support optimal health and well being for the whole family. Combined with sensible lifestyle choices, the Essentials-5 Kit can help promote and maintain your health for a lifetime.

VIII. Adequate Hydration with Salt- Salt and water are the basis for life. Salt sets the stage, by supporting massive cellular hydration (Water). It allows water to be held in your body at optimal levels which is essential for fluid passage into the cells. It is common for individuals to drink large quantities of water and still find themselves dehydrated, simply because they are salt deficient. Chronic dehydration sets the stage for cell death. Without adequate hydration your body will not be able to perform the many functions necessary for repair.

Sodium from unrefined salt is the primary positive ion found in the blood and body fluids. Through function of the kidneys, by buffering the blood with a balance of positive and negative ions sodium and potassium help to control acid/alkaline balance. Sodium also helps to regulate fluid balance and allows water to be held in the body. For better hydration it is recommended to add a teaspoon to your water and guzzle down. Not only is high quality salt critical for hydration, it also feeds and nourishes the adrenals. Many find that drinking a teaspoon of salt water in the morning gives them a quick energy boost.

Avoid most commercial salt- even those in health food stores. Most salt is grinded using nickel grinders. And because of past oil spills, most sea salt has high levels of petrochemicals and other toxins- where do you think the grey in Grey Sea Salt comes from? Many salts are highly heated, have chemicals added or are refined which can damage its chemical properties and reduce its content of trace minerals. Commercial salt is typically heated to extremely high temperatures, over 1,000 F°, to super-dry the salt so that it will pour easily and not clump. This super-heating deranges the molecular configurations of the minerals in the salt. Many researchers point out the toxic reaction of the body to commercial, highly heated salt. In contrast, natural unheated sea salt reacts favorably in the body, delivering many minerals.

It is recommended to take in at least 1 teaspoon of salt a day. Drinking it first thing in the morning is a great way to start off your day. It boosts the adrenals and energizes you. Salting your food is another way to reap the benefits of high quality salt. It is important to note that **YOU MUST NOT COOK WITH YOUR SALT.** Heating will destroy its mineral content and change the molecular structure of the salt.

Recommended:

[Pink Salt](#)